

portrait of "Judas-Trotsky" as the incarnation of all evil, a man by comparison with whom Benedict Arnold and Vidkun Quisling were unswayed patriots. And, since Trotsky was of Jewish origin, the myth included the worst features of Dickens' Fagin and Shakespeare's Shylock.

Trotsky was the effective organizer and moving spirit of the Bolshevik revolution, second only to Lenin as its head. He was the first Foreign Minister of the Soviet Union. In March, 1918 he became its first War Minister and in that role created the Red Army from almost nothing, mobilizing and directing the force which saved the revolution against the attacks of its many armed enemies on Russian soil.

As Lenin neared death, it was generally taken for granted that Trotsky would be his successor. But he had two weaknesses that were fatal to his ambition. His very pre-eminence was one, for it induced all his rivals to combine against him as soon as Lenin died. More serious was his major blunder in underestimating Stalin, whom he saw as an crude non-intellectual from the Georgian backwoods.

Trotsky's vast ability proved to be inadequate against Stalin's skill in intrigue. He was exiled in 1929, and went from place to place seeking refuge, aiming barbed sentences at Stalin, defending himself against ever more terrifying accusations, and hoping that the tide of history would turn his way.

The tide never turned while he lived. Instead, he suffered the agonies of seeing his children become the victims of Stalin's vengeance, of being accepted in his own land as the arch traitor. Finally, he was murdered in his own home by an agent Stalin had smuggled into his bodyguard.

But his ghost never was laid. Stalin himself, by adopting his theories, became, so to speak, the greatest Trotskyite of all. And his fanaticism and "holy war" mentality are still alive in Red China's brand of Communism, unaffected by the change which thermonuclear weapons has made in the whole concept of war since Trotsky's time.

Mr. Gordon's Statement

In a statement of Liberal policy made in Toronto the other day by Mr. Walter Gordon there was reference to a medical insurance project which, in the opinion of a friendly newspaper, the Ottawa Citizen, needs some clarification. Apart from the method of financing the plan—contributions would evidently be based on ability to pay—Mr. Gordon said the support and cooperation of the medical profession would be needed to maintain high standards and to aid in the administration of the plan.

What puzzles The Citizen is whether this means that the Liberals would delay their medical care plan until they first had the support of the medical profession for it, or would they institute the plan first, and assume that it would receive the necessary support once it is in operation?

The difference, argues our Ottawa contemporary, is vital. If a government were to wait for the support of the medical profession before instituting a medical care insurance scheme, there would be little prospect that such a plan would be started in the foreseeable future. For the medical profession across the country is, in more or less degree, opposed to government-administered medical care projects.

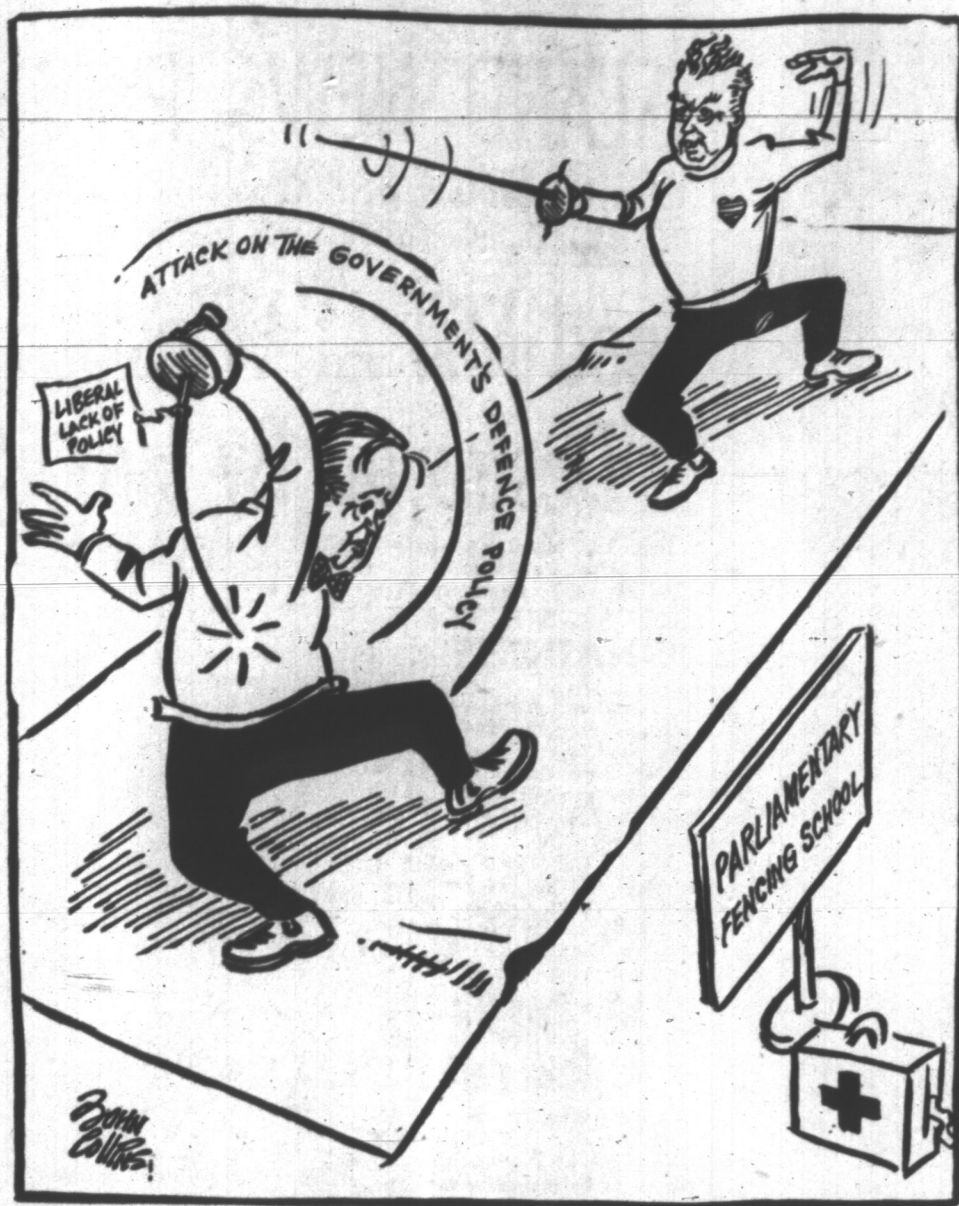
The point should be cleared up. Mr. Gordon is, we understand, economic adviser to the Liberal party as well as Liberal candidate in Toronto Davenport. He has either said too much or too little on this subject of lively concern.

EDITORIAL NOTES

Acting Secretary - General U Thant has appealed directly to the Soviet Union and other delinquent countries for prompt payment of \$93,000,000 they owe the United Nations in back payments on assessments. Now there's a real optimist for you!

An Ontario exchange notes one difference—and a healthy one—from earlier days. There are fewer political bigots around. Most members of Parliament are staunch believers in their party principles but few are too narrowly prejudiced. It is usually a "political accident" when an outright bigot gets elected.

In this situation, there arises a possibility that would have seemed fantastic even six months ago—the rehabilitation of Leon Trotsky's reputation in some parts of the Communist world. To understand what this means, one must recall Stalin's



TOUCHE

OTTAWA REPORT by Patrick Nicholson

Coming Battle In Okanagan Valley

One of the most interesting political battles, which would be unique in Canada's election history, may be shaping up among the busy fruit farms and that attractive Shangri-La of tourists and retired folk, British Columbia's Okanagan Valley.

Sometimes within the next 12 months there must, in accordance with our laws, be a general election campaign. Judging by the present direction of the wind, it will come sooner rather than later. So every M.P. here is actively assessing his probabilities of re-election and taking stock of his likely opposition.

David Pugh, the present Conservative M.P. for the riding of Okanagan Boundary, tells me that there may well be a four-way contest for that seat, fought out between four former election winners representing each of our national political parties.

In addition to David Pugh (Conservative), other candidates may be Elmore Philpott (Liberal), Owen Jones (N.D.P.), and Fred Shaw (Social Credit).

TOP-FLIGHT TORY Mr. Pugh hopes to run again under the Conservative colours. Backed by his achievement in 1958, when he captured the seat for his party, and attained the largest majority ever recorded in that young riding, he is confident that the policies of the Diefenbaker Government towards fruit farmers will assist his re-election.

But that opposition—if it materializes—is impressive. And Okanagan Boundary is a sving riding which, in the three elections since it was formed by redistribution, has returned a C.C.F., then a Social Credit, and lastly a Conservative member.

The Liberal candidate may well be the former Vancouver newspaper columnist, Elmore Philpott, who won Vancouver South in 1953 but was defeated by the Conservatives in 1957. Aged 65, he has now retired and lives at Okanagan Falls. He has expressed his hope to be a candidate.

Owen Jones, the 72 year old proprietor of a local furniture store and a former mayor of Kelowna, first captured the district when it was a part of Yale constituency in a by-election in 1948. He held it for the

C.C.F. In 1949 and 1953, but was defeated in 1957 by a Social Credit candidate, Frank Christian, who flitted across the Ottawa scene for one short parliament only, made his mark as one of the best Social Credit members, and did not run again because he could not afford the economic sacrifice.

The Social Credit candidate may be Fred Shaw, a 52 year old Alberta schoolteacher, who won Red Deer, Alberta, for his party in 1940, and held it until 1953 when he was defeated by a Conservative. He has retired to live in the Okanagan, and has been working as a Social Credit organizer in B.C.

FOUR GOOD M.P.s Pugh, Philpott, Jones and Shaw all proved themselves above average as members of Parliament, although none has yet attained political preference. I have watched them all in the House of Commons, and in the years 1953-1957 all of them except Pugh sat here as political enemies.

Pugh has proved himself the best orator, and the one who

has shown the most active and successful concern for his riding. He has notably succeeded in obtaining many benefits which had been sought unsuccessfully for many years: the series of breakwaters on Okanagan Lake, the post office at Oliver, the hard-top runways at Kelowna and Penticton airports, and so on.

Philpott was well-known here as a strong supporter of building our western alliance into a closer, richer and more efficient partnership, and for this he deserves great credit.

Jones, born a Welshman, was one of the commonsense non-dogmatic socialists among the loyal supporters of the respected C.C.F. leader, M. J. Coldwell. Fred Shaw came here first as a member of the New Democracy Party - far removed from the New Democratic Party of today - and was a staunch member of the small core of Alberta Social M.P.s for many years.

If expectations are fulfilled, Okanagan Boundary will have a great election battle.

The Bastille Riots

By Alan Harvey Canadian Press Staff Writer

The Bastille riots in Paris appear certain to add to the French government's difficulties in dealing with Algeria.

The average Frenchman, already bewildered by some aspects of the Algerian struggle, must wonder sometimes whose side the government is on.

Somewhat belatedly, it has promised harsh penalties against the Secret Army Organization whose illegal activities have disrupted normal life.

But when French citizens come out into the streets to protest against the secret army, police and security forces acting with government sanction suppress the demonstrations with unusual severity.

In the Thursday night clashes, eight persons were killed, including three women and a 15-year-old boy, and up to 300 were hurt.

MAJOR QUESTION Why is an anti-secret army demonstration so vigorously countered by representatives of a government that is fighting for its life against the secret army?

One answer is that the demonstration had been declared illegal, and that the organizers defied the ban.

Perhaps more pertinent is that the government contends the demonstrators were "manipu-

lated and led" by the Communist party and its aides, though reports suggest those taking part included members of non-Communist trade unions.

Whatever the element of Communist participation, critics of the government—and there are plenty—will be sure to argue that French President de Gaulle is merely adding to his enemies by using such blunt weapons against demonstrators whose motives, at least nominally, are similar to his own.

DANGER FROM CENTRE How can the government judge the strength of anti-secret army sentiment, it may be asked, if every over manifestation of it is restrained on grounds that some people taking part are Communists?

The government's preoccupation with communism, which some opponents regard as obsessive and almost hysterical, has undoubtedly helped to create a climate of uncertainty made to order for illegal elements like the secret army.

Some outside observers feel France's great danger is not so much from the extreme left as from lethargy and indifference in the centre, which enable an aggressive minority on the extreme right to create conditions of near-anarchy.

12-Mile Fishing Limit

Ottawa Citizen

The proposal that Canada unilaterally establish a 12-mile fishing limit off its coasts should remain a live issue, even though a private member's bill to set this limit was allowed to die in the Commons the other day. The broad principle that a 12-mile limit against commercial fishing is reasonable was almost agreed upon at the recent law of the sea conference in Geneva.

A pact incorporating this principle was defeated by only one vote. Meanwhile, a 12-mile limit has been successfully imposed by several countries without international agreement.

Conservation is the major factor in imposing a 12-mile limit. In the interest of conservation, Canada sets a limit on its own fishermen off the Atlantic coast. Yet foreign fishermen break the limit with impunity. The result is no conservation at all and, instead, a disability imposed on Canadian commercial fishermen by their own government. If inshore fishing is to be limited in the interests of conservation, it should be limited to all

Canada has, quite rightly, always been reluctant to impose a 12-mile limit unilaterally. Commercial fishing countries that have traditionally worked in waters off the Canadian coast—the United States, for example, or Britain—are friendly nations and in some instances allies.

But if an international agreement cannot be reached, Canada faces two choices: unlimited exploitation of its fisheries, without regard to conservation, or unilateral action to conserve a vital resource. Clearly, the choice should be for conservation.

OPEN GHANA HARBOR

ACCRA, Ghana (Reuters)—Prime Minister Kwame Nkrumah formally opened Ghana's new Tema harbor Saturday and said he hoped it could become a "free port for those African states who want to use it." Tema harbor, 17 miles east of Accra, is expected to handle up to 2,000,000 tons of cargo a year as well as heavy passenger traffic.

Exercises Aid Injury Victims

By Dr. Theodore R. Van Dellen

STYLES change not only in hats but in exercises. Today's version of the daily dozen is a form of resistance exercise that was conceived back in the days of World War II but is just now becoming popular.

The original resistance exercises were done with weights and pulleys. A person who was recovering from a knee injury, for example, flexed the joint 10 times, with a five pound weight attached to the foot. He rested for one or two minutes while a 10 pound weight was applied and the exercise was repeated for 10 bendings. Then there was more flexing with a 15 pound weight. This was the end of one treatment. A co-operative patient improved rapidly, according to Dr. L. DeLorne and Dr. Arthur L. Watkins, in their book on this subject published in 1951.

Similar exercises have been worked out for victims of other joint injuries, back and neck problems, polio, and arthritis. They have the advantage of comfort and safety when exercising against a large resistance. The program should not be confused with the maneuvers done by weight lifters, who develop tremendous muscles for only one purpose—to lift weights.

The basic principle of the resistance procedures is exercise in which the muscle is shortened during the contractions (isometric contractions). It is well known that strength can be augmented significantly by contracting against a degree of resistance that calls for maximum effort. Many modifications have produced a variety of simple home exercises having the same effect.

We wrote several years ago about hidden exercises that could be done by everyone almost any place. A driver or clerk, for example, can strengthen his abdominal muscles by "sucking in" his abdomen many times during the day. Making a fist and contracting the biceps (as in showing off the arm muscle) is another example. Squeezing a hard rubber ball strengthens hand and forearm.

Sitting in a doorway, with the arms raised and resting against the door jamb and pushing out with the backs of the hand for six seconds, does wonders for the trunk. Lock the fingers behind the neck and force the head back while the hands push forward. This is for the neck and arms. The hundreds of variations of these exercises are designed to increase strength. They can be done in a short time.

(Dr. Van Dellen will answer questions on medical topics if stamped, self-addressed envelope accompanies request.)

BRAIN WAVE TEST

F. M. writes: If an electroencephalogram is negative, is this proof that epilepsy is not present?

REPLY

No. A normal brain wave tracing occurs in 15 to 25 per cent of individuals with epilepsy.

CHUNKY GIRL

J. K. writes: What would cause a sudden weight gain in a nine-year-old girl? Her waist and legs are getting thick.

REPLY

This may be the onset of puberty or she may have a glandular condition.

A SOUR CONCEPT

R. V. writes: I have heard that white sugar is the curse of civilization. How dangerous do you consider it?

REPLY

As dangerous as falling off a log into a bed of feathers.

STRETCHING BRINGS TREMBLING

G. T. writes: What causes trembling after stretching the spine?

REPLY

Irritation of stiff or taut muscles.

OUR YESTERDAYS From the Guardian Files

TWENTY-FIVE YEARS AGO (Feb. 12, 1937)

Last night in Prince of Wales College auditorium, the third of the season's series of Community Concerts was given to a large and enthusiastic audience, introducing to Charlottetown, Mildred Dilling, harpist, and Marcel Hubert, French cellist.

Mrs. N. A. Shaw, Upper Prince St., recently entertained at a miscellaneous shower in honor of Mrs. George Dennis, formerly Miss Emma Colwell. During the evening Mrs. Dennis was presented with many lovely gifts. Mrs. Louis Goff assisted the hostess in serving refreshments.

TEN YEARS AGO (Feb. 12, 1952)

The boys and girls in the Charlottetown schools are learning that the right foods must be eaten every day in order to have good healthy teeth. During National Health Week-Dr. B. J. O'Meara, Director of Dental Health is showing two films on dental health while Miss Hazel Rowland, Director of the Nutrition Division explains the importance of good food habits.

Residents of Parkdale gathered last night for the purpose of organizing a glee club in the village. A large number attended and named Mrs. Ernest MacKay president of the newly formed club, with Miss M. Auld as secretary treasurer. Mr. Royston Muford will be the director.

NOTES BY THE WAY

We must be going soft. No one seems to be yearning any more for an "old-fashioned Winter."—Ottawa Journal.

A good neighbor is one who makes his noise at the same time you make yours.—Chatham News.

Some scientists think that there might be life in other planetary systems more intelligent than human beings. The present state of the world might suggest that it couldn't be less intelligent.—Edmonton Journal.

Some of the current hairdos cause one to wonder if a beauty salon doesn't use a goat to chew off the hair, and an eggbeater to arrange what's left.—Sarnia Observer.

There is a movement in Russia to get the people to drink more coffee. Wait till Khrushchev sees what the coffee break will do to his 20-year plan.—Buffalo Evening News.

The department of northern affairs wants to promote the sale and consumption of buffalo and reindeer meat, seal, and Arctic trout. There is a new experience awaiting the barbecue lover; and the long-lost aroma of the buffaloburger may soon be wafting over the patios of suburbia.—Vancouver Province.

To show how fast the latest fighter aircraft can fly, the general manager of a company making them says: "If one of these planes were fired at by a 16-inch naval gun, and if the pilot should happen to see the shell, he could avoid it, swing his plane alongside to inspect it, and then fly away from it, going in the same direction as the shell."—Montreal Star.

Says a medical publication, "Persons who say they 'get colds all the time' probably really don't—they just respond with cold-like symptoms to all sorts of stimuli, infectious or not." To anyone who has all the symptoms of a cold, that's cold comfort.—Ottawa Journal.

Framework For A Policy

Frederick Gleason

The Maritime reactions to the second report of the MacPherson Royal Commission of Transportation are slow in coming. The major Maritime voices, for the most part, are silent as yet, awaiting the conclusion of searching study of the probable effects of the recommendations.

and road systems will stimulate competition to a pitch that would limit internal transportation costs.

This is as it should be. The report is the result of many months of work by an able group of Commissioners, who had access to all available expert resources. The effects of their highly revolutionary new policy cannot be quickly and surely estimated in relation to the many and varied interests concerned.

SECONDARY INDUSTRIES This would save about half of the total of the present subvention, about \$7 million out of \$14 million. The vital thing to understand—and this does not appear to be receiving the attention it warrants—is that the region would be applying as a contribution toward a new special subvention on the products of secondary industries, leaving the region.

ADVANTAGES We believe that our first and favourable comment as expressed the day following publication of the report will be justified. Certain advantages stand out clearly. The 30 per cent "outgoing" freight subsidy, representing the 50 per cent 1957 increase on the scale of the Maritime Freight Rates Act, will continue, according to the recommendations, and will be applied to all traffic moving westward out of the Maritime area by all types of transport, including road and ship.

The definition, for this purpose, of secondary industries is urgent, as is the scale of the special assistance necessary to sustain them. The MacPherson Report clearly envisages the need for these two decisions by the Government of Canada. It clearly indicates them, pointing out that transportation, as an instrument of national policy for overcoming economic regional lag, is perfectly practicable, but outside the Commission's Terms of Reference.

The 20 per cent "internal" rail freight subsidy will cease, it being the opinion of the Commission that the new competition on level terms between rail

The Commission has provided the framework. It now becomes the urgent need to mobilize regional opinion to the end that an agreed policy may be reached to fit into it. A unified approach must be made without delay to Ottawa.

Farm Districts And Politics

New York Times

One reason President Kennedy's proposal for a Department of Urban Affairs lacks popularity in the House is that House membership is heavily overweighted in favor of farm districts. The 1960 census indicates that nearly 70 per cent of the country's population now lives in urban areas. Yet a survey by Congressional Quarterly shows that 250 Representatives come from districts that are predominantly rural, as against 126 from central cities and 60 from suburban districts.

Urban districts would each lose four seats while the suburbs picked up eight. The most substantial shuffle would be in the South, where the cities would gain nine places, the suburbs would get two more and the rural areas would lose eleven.

If the districts in each state were reapportioned so that all contained the same number of people, the rural districts (those consisting primarily of farms or communities of fewer than 50,000 would lose twenty-seven seats in the next Congress. Twenty of these would go to the suburbs, which have benefited most from population shifts in the last decade, and seven to the cities.

In the Midwest an increase of two urban and six suburban seats would be offset by a rural loss of eight. In the West the city count would remain unchanged while the suburbs picked up four seats at the expense of the rural districts.

Would such a reapportionment result in any marked switch in the liberal-conservative balance in the House? The analysts doubt that much would change, except for the possibility that some old-line Democratic committee chairmen from the South might find their seats pulled out from under them.

NEW LINE UP The important thing, however, is not how the new Congressmen would line up. What is important is that they be representative. Since 1950 the movement of population has been so rapid into some areas and out of others that the nation's most under-represented district, California's Twenty-eighth in Orange and San Diego counties, now has over a million people. This is quadruple the population of the smallest district in California and nearly six times that of the smallest in the country, Michigan's Twelfth, with less than 180,000.

The Poets Corner

AT CLOSE OF DAY

I've found this pilgrimage a pleasant road And have not looked upon the folk I've met For evil tendencies or unclean hands. Nor weighed their deeds with prejudiced regret. I have not sought the glittering thoroughfares Nor craved a place with men of high estate; My joy has been in sweet companionship With folk whose humbleness has made them great. The gentle hearts that lived beside the paths Where I have walked, were never known to cast My imperfections 'neath the eyes of men, Nor voice derision as I journeyed past.

The folk I've known in daily brotherhood Have stayed my feet, my hands, and led the way Along the sunny trails and given me The will to seek a more enduring day. The friendly hands that met mine in a trice And then were gone, still hold an honoured place Among the cherished guests, the fellowships That warmed me with the sunshine of their grace. The pilgrims in the way, the passerby, The neighbours near my open doored abode; The cheerful folk, the unpretentious folk, Have made this pilgrimage a pleasant road.

—S. Barlow Bird

THE PROVINCIAL BANK OF CANADA

E. C. Black, recently appointed manager of the Provincial Bank of Canada branch in Charlottetown, P. E. I., invites his many friends and business acquaintances to drop in and visit him in his office. After 15 years in the profession, Mr. Black is eminently qualified for his present important post. He has served the Bank in Moncton, Norton and Saint John, N. B., and also in Montreal.